

**ABSTRACT OF THE DISCLOSURE**

A communications system includes a first and second communication unit coupled together via a radio communications link. In one embodiment, the communications system takes the form of a frequency hopped, spread spectrum digital cordless telephone, where the first unit is a base unit and the second unit is the remote unit. The first and second communication units are respectively set to transmit and receive communication over a first radio frequency during a first time frame, select a second radio frequency during the first time frame, and set to respectively receive and transmit communication over the second radio frequency during a second time frame.

10